

To Beat COVID-19

**Wear a mask &
wash your Hands**

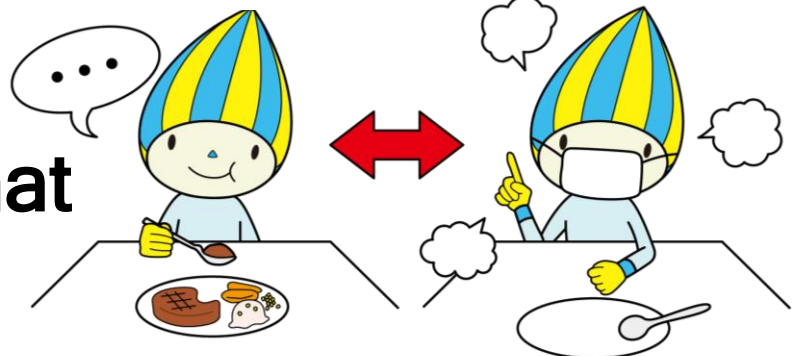


**Do not push yourself
if unwell**

**Eat in silence
Wear a mask to chat**

Eat in Silence

Wear a Mask to Chat



Hand-washing Recommendations

5 times to do it

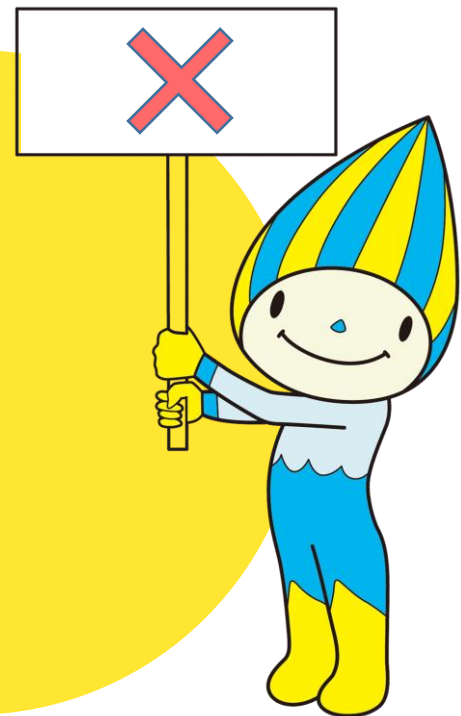


1. After returning from a public place
2. After coughing, sneezing or scratching your nose
3. Before eating
4. After caring for a sick person
5. After touching something other people also touch

Stop Going Out!

Do not push yourself if you have these symptoms:

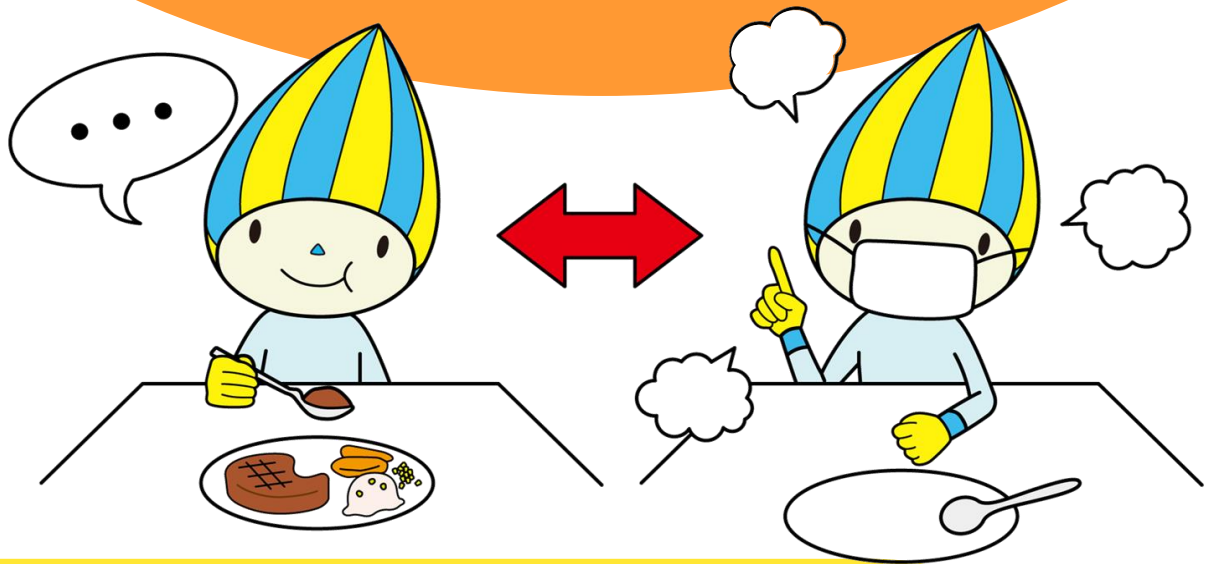
1. Shortness of breath
2. Strong feelings of tiredness
3. Lasting fever



If you think
“I feel a bit odd..”
Then stop going out
straight away!

Eat in Silence

Wear a Mask to Chat



Avoid eating & drinking “in big groups other than your family” and “in large groups involving alcohol”

Dining events at the end of the fiscal year

(Graduation, university entrance, farewell & flower-viewing parties etc.)

bring risk of infection!

